## d]EE ${ }^{\wedge}$ Wひ WBGT MEASUREMENT AND RECORD

SCHOOL:

| DATE | TIME | TEMPERATURE | HUMIDITY | WBGT READING | ACTIVITY REVISION | SIGNATURE |
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| WBGT READING | ACTIVITY ZONES, ACTIVITY GUIDELINES \& REST BREAK GUIDELINES |
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| UNDER 82.0 | 0 |
| 82.0 - 86.9 |  GXUOJ IMKHZ RLNRXW |
| 87.0 - 89.9 |  <br>  <br>  <br>  FRQMQXHMRZZ RLNRXX wearing football pants without changing to shorts. |
| $90.0-92.0$ | 3-Maximum practice time is 1 hour. For All Sports[17 KHHP XWWEHI IP IQXMNRIUHWEUHDVGLMNEXWG] <br>  P D IEHZ RUQGXUQJ ISUFWFHWDWRRHNQRWGYROHFRQMFW |
| OVER 92.0 |  <br>  <br> , QMWFKRDWFIFRP SHMMRQVIQFXGQJSUHHDRQNFUP P DJHDDQGNIP ERUHMIP XWEHSRMERQHGIQ] KHDEUHFHRIDQIDSSURSUDMKHDGKFDUSSURIHMRQDO\&HNIHGS KOHELT UIQHU\&HWIHG1 XUH <br>  ZDMMIP P HNRQMEIRURWHUUSIGRQVMFRROQJIP HKRGI8 QGHUQRFILFXP WMQFHMFDQDQRXIFRRU SUFWFHWNHS ©FHIQWHMFRQGIRQV. |

